Residents Directory

Fort Mason Center houses over fifty resident organizations. These groups can provide you with information on the recording business, dance, broadcasting, theater, river rafting, marine ecosystems, printmaking, copyrights, freelance writing and much more. Drop in at their offices to find out about classes, services, speakers or trips made available to you by these outstanding Bay Area groups.

BLDG. A
At Fort Mason Capital Campaign (441-5706)
City Celebration (474-3914)
Fort Mason Foundation (441-5706)
Greens Restaurant (771-6222)
Perception Gallery (388-4331)
S.F. Craft & Folk Art Museum (775-0990)
SFMMA Rental Gallery (441-4777)
Tassajara Bread Bakery 2 (771-6330)

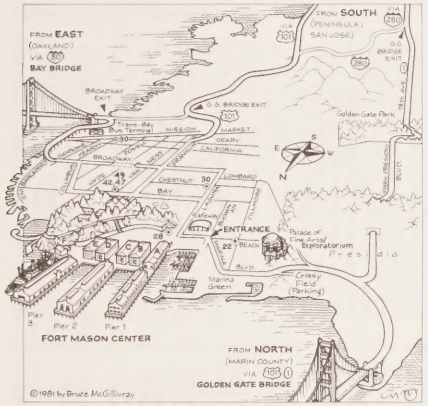
BLDG. B
Arts Arbitration & Mediation Services (775-7715 or 775-7200)
California Tomorrow (441-7631)
Community College Art Center at Fort Mason (776-8247)
Cooks & Company (673-4137)
Life On The Water (885-2790 office, 776-8999 box office)
Marine Exchange (982-7788)
Ploughshares Fund (775-2244)

BLDG. C
African American Historical & Cultural Society (441-0640)
Book Bay Bookstore (771-1076)
California Lawyers for the Arts (775-7200)
Environmental Traveling Companions (474-7662)
Feedback Productions (776-8477, 776-8470)
Friends of the River (771-0400)
The Fund for Animals (474-4020)
Make-A-Circus (776-8477)
Museo ItaloAmericano (673-2200)
National Center for Financial Education (567-5290)
Performing Arts Workshop (673-2634)
S.F. Architectural Club (441-1098)
S.F. Children's Art Center (771-0292)
S.F. Folk Music Center/Plowshares Coffee-house (441-8910)
Tale Spinners (776-8470)
Young Performers Theatre (346-5550)

BLDG. D
Blue Bear School of Music (673-3600)
Computer Alliance Desktop Publishing Lab (771-7133, 771-1671)
Friends of the S.F. Public Library (558-3770 or 771-3777)
Magic Theatre (441-8001 office, 441-8822 box office)
Media Alliance (441-2557)
Mexican Museum (441-0404 gallery, 441-0445 office)
Poetry Film Workshop (621-3073)
Western Public Radio (771-1161)

BLDG. E
Associates of the J. Porter Shaw Library (556-9870)
Earth Island Institute: Rainforest Health Alliance (921-1203)
Greenpeace (474-6767)
Lifeline Marine Research (775-6497)
Marine Mammal Fund (775-4636)
Oceanic Society Expeditions (441-1106)
Oceanic Society, S.F. Bay Chapter (441-5970)
S.F. Maritime National Historical Parks
Collections Management (556-3797)
J. Porter Shaw Library (556-9870)
Historic Document Department (556-9876)
Yacht Racing Assn. of S.F. Bay (771-9500)

PIER 1
Ace Mailing (673-2930 or 863-4223)
PIER 2
Cowell Bayfront Theater (441-5706)
Herbst Pavilion (441-5706)
PIER 3
Festival Pavilion (441-5706)
National Liberty Ship, SS Jeremiah O'Brien (441-3101) east dock
BLDG. 1 Bay & Franklin entrance
Fort Mason Officers Club (441-7700)
BLDG. 101 Bay & Franklin entrance
National Park Police (556-5801)
BLDG. 111 Bay & Franklin entrance
S.F. Conservation Corps (928-7322)
BLDG. 201 Bay & Franklin entrance
Golden Gate National Recreation Area (GGNRA) Headquarters (556-0560)
BLDG. 204 Bay & Franklin entrance
Golden Gate National Park Assn. (556-0693)
BLDG. 240 Bay & Franklin entrance
San Francisco Intl. Hostel (771-7277)



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DIRECTIONS: **East Bay**-Bay Bridge to Broadway Exit. Follow Broadway to Van Ness & turn right. Follow Van Ness to Bay & turn left. Follow Bay to Buchanan & turn right. Cross Marina Blvd. & sharp right into Fort Mason Center.
Peninsula- US 101 North to Franklin St. Exit. Follow Franklin to Bay & turn left. Take Bay to Buchanan & turn right. Cross Marina Blvd. & sharp right into Fort Mason Center.
Change of Address: Forward both old & new addresses, plus a copy of your most recent mailing label, if possible, to: Calendar, Fort Mason Center, Building A, San Francisco, CA 94123.

Fort Mason Foundation
Building A, Fort Mason Center
San Francisco, CA 94123

TIME VALUE: MARCH 1, 1989

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DATED MATERIAL

Archives for the Perf. Arts
Russell Hartley, Archivist
War Memorial Opera House
San Francisco, CA 94102

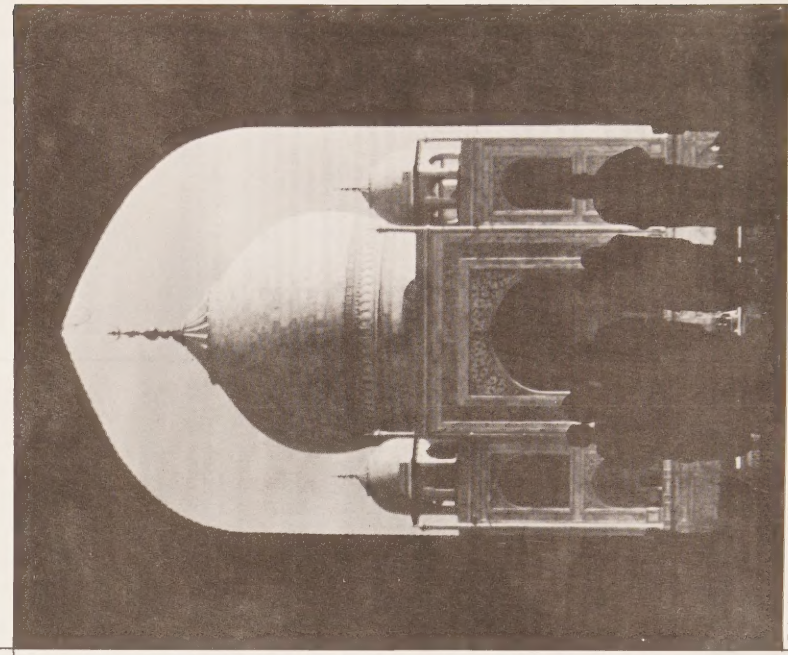

Photo: Robert Holmes

Rajasthan - Legendary India, a slide show at 7:30pm
March 15, Building A, Conference Center, Room 1.

FOR THE ARTS, HUMANITIES, RECREATION, EDUCATION AND ECOLOGY

FORT MASON CENTER

March 1989

FORT MASON CENTER UPDATE: NEW RESIDENTS

We welcome some recent additions to the Fort Mason resident family – diverse in their interests, yet sharing the common goal of providing service to the community.

NATIONAL CENTER FOR FINANCIAL EDUCATION

The National Center for Financial Education is a nonprofit organization established to educate the public about wise spending and saving habits. Citizens of the United States are well-trained as consumers, but not as savers, according to Loren Dunton, NCFE president. The organization's task is to motivate the general public to do a better job of spending, saving, investing, insuring, and planning for their financial future. Individuals, financial service professionals, educators, and over a hundred corporations, professional associations and other educational institutions help sponsor the NCFE.

The organization produces a monthly newsletter, consumer booklets, educational materials, and home study courses, in addition to presenting courses for adults and high school students, and employee workshops. The NCFE goal is to provide people with the information, and the skills, to manage their own financial security. Americans save much less, and spend much more, than do citizens of other countries, and many more are not prepared adequately to plan short-term savings goals, let alone a secure retirement.

Among the NCFE's policy positions: support of efforts to encourage savings for the future to avoid dependency upon Social Security; a required course in personal finance for high school seniors, and the establishment of courses about money in elementary schools; adoption of a balanced budget amendment as a model for individual Americans; opposition to deficit spending, whether by the individual, the family, or the government; incorporation of rehabilitative education into existing bankruptcy laws; support of efforts to provide full disclosure and consumer protection in borrowing, saving, insuring, and investing; support of incentives to live within one's income, and opposition to incentives to borrow and spend beyond one's income.

For information about NCFE programs and publications, call 567-5290.

SAN FRANCISCO ARCHITECTURAL CLUB

Founded in 1901, the San Francisco Architectural Club began as a training program for the City's architects and draftsmen. The Club sponsored studios, where young architects were taught the aesthetic and technical disciplines of classical architecture by the City's leading practitioners.

Today, the Club provides a forum for architecture and allied arts, offering public lectures, classes, and special events. It also houses a library of early twentieth-century architectural books, and archives containing important materials concerning the history of San Francisco architecture. These valuable resources are available to members and to scholars by prior arrangement.

Monthly meetings are open to the public, and feature lectures by leading Bay Area architects, historians, artists and public officials. This month, two lectures are planned: Allan Temko, architectural critic, on "Official Architecture of San Francisco" on Wednesday, March 8; and Frank Israel, architect, discussing "Recent Work" on Thursday, March 16. Both lectures will be held at the California College of Arts and Crafts, 1700 Seventeenth Street in San Francisco, at 8pm. A $5 donation is requested from non-members. Future programs planned include architect Richard Fernau on "Circumstantial Architecture" on April 13, and architectural historian Sara Holmes Boutelle on "The Architecture of Julia Morgan" on May 9.

For information about the Club or its programs call 441-1098.

RAINFOREST HEALTH ALLIANCE

The Rainforest Health Alliance is a project of Earth Island Institute that focuses on the health-related aspects of the need to protect tropical rainforests. The organization works to coordinate the efforts of the health care community and environmental action groups to educate people about the value of tropical plants for modern medicine, food, and industry, and to inform them about the negative effects of deforestation on the health of local and global populations.

RHA's Project Summary makes clear the major role played by rainforests: "One out of four drugs dispensed by western chemists comes from a tropical plant. Cancer cures, oral contraceptives, anaesthesia, treatments for malaria and glaucoma and many more commonly used drugs come to us from the rainforests - yet less than one percent of rainforest species have been intensively studied for pharmaceutical activity....these irreplaceable forests are being destroyed at the staggering rate of one hundred acres per minute. It is estimated that over the next fifteen to twenty years, the rate of extinction may be as great as one hundred to two hundred species per day. If individuals from industrialized countries do not acknowledge this ongoing destruction as a global issue and act now, tropical rainforests will soon be gone - forever."

RHA, as a part of the worldwide Rainforest Action Network, is developing several educational projects emphasizing the interrelationship of rainforests and health.

Poster Campaign - Health Professionals for Rainforest Responsibility. In cooperation with Medicina Da Terra and the New York Rainforest Alliance, RHA is involved in the planning and distribution of a series of three posters, to be designed by a major Latin artist, to educate and mobilize health professionals about the health-related value of tropical rainforests and the need to stop deforestation. RHA will coordinate the distribution of 15,000 posters to physicians' offices, health clinics, hospitals and pharmacies throughout the country. The posters will illustrate the beauty and biodiversity of the forests, and will feature specific beneficial plants, such as the rosy periwinkle, noted for chemical compounds used in treating Hodgkin's disease and childhood leukemia. Included will be a brief story about the plant, its origin, and the variety of traditional and western uses.

Educational Exhibits - Tropical Plants Save Lives. Exhibits are being developed to educate children and their parents about the role of tropical rainforest plants in everyday life, and to encourage awareness of the need to be responsible consumers of rainforest products. The exhibits are planned to be displayed in zoos, parks, and schools.

Rainforest Expeditions. RHA is organizing educational expeditions to tropical rainforests around the world. The expeditions will help RHA assess how United States citizens can best be of service to indigenous people who are fighting deforestation, providing access to information that is often difficult to obtain. Successful conservation programs will be observed. Planned are a November 1989 expedition to the Amazon region, and a 1990 trip to Costa Rica.

Educational Outreach. During the spring of 1989, as part of a National Speakers' Program, RHA will co-sponsor with the University of California, San Francisco, an event featuring Andrew Weil, M.D. RHA is also developing educational slide shows and a West Coast Speakers' Bureau of health care professionals and environmental experts for community education. RHA also raises public awareness, acquires new members, and generates program funds through sales of bromeliads and orchids in its Plants for Life community outreach program, at sidewalk sales and flea markets.

The Rainforest Health Alliance joins several other environmental and conservation organizations at Fort Mason, including Friends of the River, Greenpeace, Lifeline Marine Research, Marine Mammal Fund, the Oceanic Society, and Environmental Traveling Companions. See the Residents' Directory on the back page of this Calendar.

Parking Lot Alert

The long-awaited parking area repavement project has begun at Fort Mason. As a result, at various, and unfortunately unpredictable, times during the next six months you may find loud construction noises, mud puddles, and temporary detours. Also, there will be reduced parking availability throughout the construction period, so use of public transportation and carpooling is recommended. Your tolerance, cooperation, and awareness of construction hazards are appreciated.

Recycling Center The SF Community Recyclers' site at Fort Mason Center is temporarily closed due to parking lot construction. Call 285-0669 for information & other locations.

Thank You!

The Fort Mason Foundation gratefully acknowledges contributions received from the following individual, foundation, corporate and government donors:

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All events are presented through the cooperation of the Fort Mason Foundation.

Friends of the Fort

Friends of the Fort Benefits

Individual—*Monthly Calendar • Friendship card • discount on Magic Theatre's season subscription (late summer and early fall) • discounts on single ticket prices for Magic Theatre, Life On The Water • 5% off sales at SFMMA Rental Gallery • discounts on selected special events*

Bonus/Family—*All of the above + 2nd Friends card + coupon book with discounts for plays, concerts, workshops, classes & activities*

Participation—*All of the above + "Friends of the Fort" T-shirt*

Supporting— *All of the above + coupon for free fine art quality Special Event poster*

Donor—*All of the above + two (2) tickets to a Magic Theatre production*

Sponsor— *All of the above + two (2) tickets for a Whale Watching Trip, OR 1 ticket for a Natural History Trip to the Farallon Islands*

Patron—*All of the above + special recognition in Fort Mason's Capital Campaign*

☐ *NEW* ☐ *RENEWAL*
☐ *CHANGE OF ADDRESS*

☐ *INDIVIDUAL ($20)*
☐ *BONUS/FAMILY 2 adults, children under 18 ($30)*
☐ *PARTICIPATING ($50)*
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All contributions are tax-deductible to the extent allowable by law.

Checks payable to FORT MASON FOUNDATION. Mail to: FORT MASON CENTER, Landmark Bldg A San Francisco, CA 94123

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FORT MASON CENTER

FOUNDED IN 1976

Daily recorded messages of Fort Mason activities and events: 441-5705

March 1989

1 WEDNESDAY
Book Bay Bookstore features paperbacks two for $1, hardcover books $1.25 each. Sponsored by the Friends of the SF Public Library. 3/1-31 Wed, Fri & Sat 11am-6pm, Thur 11am-8pm FREE adm Bldg C 771-1076

Hypercard 3 Advanced practice in creating your own Hypercard stacks. Hints, tricks & tips for getting the most out of this new software. 3/1 Wed or 3/28 Tue 6-9pm $56 Computer Alliance Bldg D 771-7133

Adult Children Of Alcoholics An independent 12-step program governed by traditions of self-support, autonomy, non-affiliation & anonymity. The focus is on parental alcoholism's effect on childhood as manifested in dysfunctional adult behaviors. 3/1-29 Wed 7-9pm $1 Gatehouse 626-5633

Who Am I? Participants learn simple self-enquiry techniques for perceiving their real identity. A Douglas Harding Workshop. 7:30-9:30pm $5 Bldg E 826-4379

2 THURSDAY
Bookkeeping For Nonprofits This workshop teaches the elements of an effective bookkeeping system from writing or receiving checks through preparation of financial statements. 3/2&9 or 3/30&4/6 Thur $150-$75 Bldg E 552-7584

Epson Users Of SF Monthly meetings for QX10, QX16, PX8 users. Featuring free flow of ideas, self-help & speakers. 7-10pm $3 Bldg C 681-5382

Whole Food Formula The Bay Area Sunrider Association offers the opportunity to achieve & experience high-level wellness with time-tested whole food formulas enhanced for modern use. 7:30-9:30pm FREE Gatehouse (408) 534-1511

Book Bay Bookstore see 3/1

3 FRIDAY
Video Production Workshop An intensive, hands-on workshop teaching the basics of remote video, how to produce a simple video piece & assemble & use all necessary equipment. 3/3 Fri 6-9:30pm, 3/4 Sat 10am-5pm, 3/5 Sun 1-6pm $150 Media Alliance Bldg D 441-2557

• **Basque Poetry** An evening of poetry in the strange tongue of great survivors. 7:30pm $2 FMC "Friends" 25% off w/mbrs card, Poetry Film Workshop Bldg D 621-3073

Underwater Photographic Society Monthly meeting w/slides, film or lecture on diving around the world, plus information on slide competition & upcoming dive trips & events. 7:30-10pm FREE Bldg C 769-1442

La Bal Des Pompons Rouges A celebration of the arrival of the French Navy aboard the helicopter carrier Jeanne d'Arc. Join the French-American community in a Bal Populaire & dance to the music of Voz Do Brazil. 8-Midnight $10 Pier 2. For more information, contact the French press attaché at 397-4330

Book Bay Bookstore see 3/1

4 SATURDAY
Relationship as Teacher Sidra Winkleman & Hal Stone, authors & Jungian lecturers, present an interactional workshop on voice dialogue - discovering our different selves. 9am-5pm $125 Firehouse 626-8578

Herbs & Holistic Health This weekend's topic is herbs for family health taught by Amanda McQuade. Part 2 of a series. 3/4&5 Sat&Sun 10am-5pm $95/wknd Bldg C (707) 887-7457

The Opera Of The Phantom Follow the Phantom from his childhood years to his adult life under the Paris Opera in this musical theater production for the entire family. 2/18-3/12 Sat 1&3:30pm, Sun 1pm $6 adults $4 chldrn Young Performers Theatre Bldg C 346-5550

West Coast Weekend San Francisco's only live performance radio show, produced by KQED-FM 88.5, broadcasts from Fort Mason. Host Sedge Thomson brings together a diverse selection of guests & music from bluegrass to string quartets, plus news on activities for the weekend & upcoming week. 3/4-25 Sat 11am-1pm FREE Life On The Water Bldg B 553-2213

Get Active For Animals The Fund for Animals welcomes all who are interested in finding out how to become involved in animal rights issues. RSVP. 1pm FREE Bldg C 474-4020

Young People's Alcoholics Anonymous A meeting for young recovering alcoholics of all ages. Open to anyone with the desire to stop drinking. 3/4-25 Sat 8-9:30pm FREE Bldg C 661-1828

Book Bay Bookstore see 3/1
Video Production Workshop see 3/3

5 SUNDAY
Round Robin Readings Bring your own or your favorite author's poems for a wide-open roundtable reading. 3/5-26 Sun 7:30pm $1 FMC "Friends" 25% off w/mbrs card; Poetry Film Workshop Bldg D 621-3073

Alcoholics Anonymous Weekly waterfront meeting. Open to the public. 3/5-26 Sun 8-9:15pm FREE Bldg C 661-1828

Video Production Workshop see 3/3
The Opera Of The Phantom see 3/4
Herbs & Family Health see 3/4

6 MONDAY
Man & The Sea Open House Monthly lecture for members, guests & interested public, featuring varied presentations on ocean-related topics. Presented by the Oceanic Society. 6-9pm $2 Firehouse 441-5970

7 TUESDAY
Creative Living/Creative Dying A workshop with speakers & a panel discussion about creating positive attitudes when dealing with life-threatening illnesses. Taught by Iliana Goldner. 7am-5pm $42.50 Bldg A 668-5111

8 WEDNESDAY
Time Flies When You're Alive Performance artist Paul Linke's latest work. This one-man show chronicles the life-affirming relationship between Paul & his wife Francesca & their shared experience in confronting her untimely death by cancer at the age of 37. Held over 3/8-12 Wed-Sat 8pm, Sun 2 & 8pm $14-$10 FMC "Friends" $1 off w/mbrs card, Life On The Water Bldg C 776-8999

Citizens for a Better Zoo will lead a discussion to consider the implications of building a proposed sewage treatment plant next to the SF Zoo. 7:30-9pm FREE Bldg E 587-4718

Book Bay Bookstore see 3/1
Adult Children Of Alcoholics see 3/1

9 THURSDAY
Social Documentary Photography Lonnie Savelson & Kim Komenich are among the working photographers discussing their research, production & funding of photo documentaries in this lecture series. 3/9-4/9. 3/9 Thur 7-10pm, 3/11,12&4/9 Sat/Sun 9:30am-4:30pm $120/series Media Alliance Bldg D 441-2557

Past Life Attunement Explore spiritual communication, prophecy & the psychic abilities of intuition through the guidance of Astro Soul. 8-10pm $10 FMC "Friends" $1 off w/mbrs card, Bldg C 540-5200

Book Bay Bookstore see 3/1
Bookkeeping For Nonprofits see 3/2
Time Flies When You're Alive see 3/8

10 FRIDAY
Toltec In Decoland & The Smoking Glass Ceremony A medicine show ceremony with Native American shaman White Cloud Hawk performing the Jaguar Oracle Ritual of healing art in trance with the drums & songs of the Eagle-Jaguar clan. 3/10-4/1 Fri&Sat 8:30-10:30pm $10/ceremony Bldg C 239-1457

• **Armenian Poetry** An evening of poems & a study of the Phoenix in action. 7:30pm $2 FMC "Friends" 25% off w/mbrs card, Poetry Film Workshop Bldg D 621-3073

Book Bay Bookstore see 3/1
• **Time Flies When You're Alive** see 3/8

11 SATURDAY
Fort Mason Tour Guided walks through this cultural & recreational facility. Over 50 arts, environmental & cultural groups make Fort Mason Center their home. Museums, theaters, galleries, classes & workshops utilize these converted military warehouses. Two March tours: 3/11&25 Sat 11am FREE (call to reserve space) Bldg A 441-5706

A Day With Emmanuel Open inner wisdom & joy with spirit guide Emmanuel through Pat Rodergast's channeling. Gentle wisdoms are revealed with visualizations, meditations, questions & answers. 9:30am-4:30pm $65 Bldg A 883-6111

Copyright Clinics Artists of all disciplines can consult with a noted copyright attorney about how to complete US copyright forms, work-for-hire arrangements, jointly-held copyrights, renewing & modifying copyrights. 3/11&25 Sat 10am-12:30pm $20-$10 California Lawyers for the Arts Bldg C 775-7200

Folk Art Lecture Joanne Segal Bradford will give a slide lecture of her work on baskets & nets, including her work in England. Presented by the SF Craft & Folk Art Museum. 1-2:30pm $3 Bldg C 775-0991

Book Bay Bookstore see 3/1
The Opera Of The Phantom see 3/4
West Coast Weekend see 3/4
Young People's AA Meeting see 3/4
• **Time Flies When You're Alive** see 3/8
Social Documentary Photography see 3/9
Toltec In Decoland see 3/10

12 SUNDAY
Reincarnation - Refinement Through Experience Mastering particular goals each lifetime increases your capacity to give. Presented by Astro Soul. 10am-1pm $23 FMC "Friends" $2 off w/mbrs card, Bldg C 540-5200

Computer Show, Sale & Swap If you own or want to purchase a computer, come to this show. Browse through hardware, software & accessories at bargain prices. 10am-4pm $3 Bldg A 931-0423

Plowshares Coffeehouse presents a special dance night with Lost Weekend, SF's ultimate boogie band, playing the best in western swing music. 7:30pm $7 Firehouse 441-8910

The Opera Of The Phantom see 3/4
• **Round Robin Readings** see 3/5
Alcoholics Anonymous see 3/5
• **Time Flies When You're Alive** see 3/8
Social Documentary Photography see 3/9

13 MONDAY
IBM AT/XT Clone Users Group Information sharing & education for PC clone computer users. 6:30-9:30pm $2 Bldg E 861-9321

14 TUESDAY
Managing Stress & Change In Organizations This workshop focuses on sources of stress in the workplace & develops strategies for dealing with transition & change. 9:30am-4:30pm $75-$35 Bldg C 552-7584

Folk Art Film Festival A screening of Allie Light & Irving Saraf films of American folk artists Harry Lieberman, Minnie Evans & Cal & Ruby Black. Films "Possum Trot," Hundred & Two Mature," "The Angel That Stands By Me," & "The Monument Of Chief Rolling Mountain Thunder" begin at 7:30pm $6 Bldg A 775-0990

15 WEDNESDAY
Strategic Planning This workshop is designed for Executive Directors & Board members of nonprofit organizations. 9:30am-4:30pm $75-$35 Bldg C 552-7584

Rajasthan - Legendary India Slide show by Robert Holmes explores one of India's most colorful regions - Rajasthan's sweeping deserts & turreted forts, with brightly turbaned men & women in saris of lapis blue & vermilion. 7:30-9pm $5 Bldg A 922-0488

Commodore 64/128 & Amiga Users Group Monthly computer users meeting. 7-10pm FREE Bldg E 567-9078

The Art Of Light & Color A lecture/slide show presenting the development of light & color. Gain insight into a new way to perceive the "visual truth" of color. 7:30-8:30pm $2 Bldg C 931-9358

Book Bay Bookstore see 3/1
Adult Children Of Alcoholics see 3/1
• **The Promise** see 3/22

16 THURSDAY
Feature Writing Clinic Students learn to identify a story, use scenes, quotes & significant detail, find an angle, & avoid unnecessary hours of research. 3/16-4/6 & 4/27-5/18 Thur 6:30-8:30pm $160/8-part series Media Alliance Bldg D 441-2557

SF Architectural Club A monthly lecture/discussion by architects, artists, historians, or public officials on architectural & cultural issues. 8-10pm $5 Bldg C 441-1098

Book Bay Bookstore see 3/1
• **The Promise** see 3/22

17 FRIDAY
Patrick The Bard An evening of ancient & modern Irish poetry with music to boot. A St. Patrick's Day Party you'll never forget. 7:30pm $2 FMC "Friends" 25% off w/mbrs card, Poetry Film Workshop Bldg D 621-3073

Book Bay Bookstore see 3/1
Toltec In Decoland see 3/10
• **The Promise** see 3/22

18 SATURDAY
Microcomputer Training: Lotus 1-2-3 This seminar covers setting up worksheets, graphics, print formats, commands & data analysis. Pre-reg. req. 8:30am-Noon $35 Bldg C 441-3117

Natural Cosmetics Mindy Green shows you how to make the finest aromatherapy lotions, massage oils & other cosmetic items. 9am-5pm $50 Bldg A (707) 887-7457

Public Relations Strategies The workshop focuses on effective PR strategies for writers, nonprofits & public relations professionals. 3/18 Sat 9:45am-4pm $60 Media Alliance Bldg D 441-2557

SS Jeremiah O'Brien Open Ship Weekend The 441-foot World War II cargo ship revs up its giant steam engine. Souvenirs are available from the ship's Slop Chest Store. 3/18&19 Sat&Sun 11am-4pm $3-$1 ($6 fmlys) Pier 3 Dock 441-3101

Psychic Reading Fair Psychic Horizons is conducting a reading fair for anyone who wants a psychic reading or healing. Now is your chance! 1-3pm FREE Bldg C 346-7906

Designing A San Francisco Garden Joan Hockaday, author of *Gardens of San Francisco*, will present a slide show. 1-5pm $8 Bldg C 468-0110

Book Bay Bookstore see 3/1
West Coast Weekend see 3/4
Young People's AA Meeting see 3/4
Toltec In Decoland see 3/10
• **The Promise** see 3/22

19 SUNDAY
Plowshares Coffeehouse presents an evening of Celtic music with multi-instrumentalists Danny Carnahan & Robin Petrie. 7:30pm $7 Firehouse 441-8910

• **Round Robin Readings** see 3/5
Alcoholics Anonymous see 3/5
O'Brien Open Ship Weekend see 3/18

20 MONDAY
Green City Program Presentation Planet Drum Foundation presents its new book on urban sustainability at a public celebration. Noon-5pm FREE Firehouse 285-6556

21 TUESDAY
Space Travel NASA & civilian experts in various aspects of space travel discuss their work & recent developments in the field. 7:30-10pm FREE Bldg E 863-3737

• **The Promise** see 3/22

22 WEDNESDAY
The Promise in the magical universe of playwright Jose Rivera, the modern world is only a foil for the primitive impulses that rule family relations. Here, the patriarch of the Guzman family, transplanted from Puerto Rico to New York, is driven by fantasies of revolution & power, while his children embody love, honor, & spiritual commitment. 3/22-4/30 (previews 3/15,16,17,18; opening night Tue 3/21) Wed-Sat 8:30pm, Sun 2&7:30pm $18-$10 FMC "Friends" $1 off w/mbrs card, Magic Theatre Bldg D 441-8822

An Evening With The Peace Corps Slide program narrated by returned Peace Corps volunteers on their experiences of living & working overseas. 7-9pm FREE Bldg C 974-8754

Book Bay Bookstore see 3/1
Adult Children Of Alcoholics see 3/1
• **The Promise** see 3/22

23 THURSDAY
Book Bay Bookstore see 3/1
Feature Writing Clinic see 3/16
• **The Promise** see 3/22

24 FRIDAY
Polish Poetry An evening of the best in poetry from Poland. 7:30pm $2 FMC "Friends" 25% off w/mbrs card, Poetry Film Workshop Bldg D 621-3073

Book Bay Bookstore see 3/1
Toltec In Decoland see 3/10
• **The Promise** see 3/22

25 SATURDAY
Microcomputer Training: dBase deMystified This seminar covers database design & management. Pre-reg. req. 8:30am-Noon $35 Bldg C 441-3117

Future Of Freedom A conference presented by the SF Libertarian Party to discuss the future of freedom in today's world. 3/25&26 Sat&Sun 10am-5pm $75 Bldg A 864-0952

Book Bay Bookstore see 3/1
West Coast Weekend see 3/4
Young People's AA Meeting see 3/4
Toltec In Decoland see 3/10
Fort Mason Tour see 3/11
Copyright Clinic see 3/11
• **The Promise** see 3/22

26 SUNDAY
Round Robin Readings see 3/5
Alcoholics Anonymous see 3/5
• **The Promise** see 3/22
Future of Freedom see 3/25

27 MONDAY
Bay Area Clipper Special-Interest Group A users group for computer programmers using Nantucket's Clipper language. 6-10pm $5 Bldg C 751-2719

Computer Viruses Learn how to identify viruses on your own disk & how to get rid of these beasties with vaccines & shields. 6-9pm $20 Computer Alliance Bldg D 771-7133

Maximizing Tax Savings For The Freelancer A workshop in the fundamentals of setting up shop as an independent contractor. 6:30-9:30pm $35 Media Alliance Bldg D 441-2557

28 TUESDAY
Hypercard 3 see 3/1

29 WEDNESDAY
Book Bay Bookstore see 3/1
Adult Children Of Alcoholics see 3/1
• **The Promise** see 3/22

30 THURSDAY
Book Bay Bookstore see 3/1
Bookkeeping For Nonprofits see 3/2
Feature Writing Clinic see 3/16
• **The Promise** see 3/22

31 FRIDAY
Palestinian Poetry An evening of poetry focusing on the struggle for a Palestinian homeland. 7:30pm $2 FMC "Friends" 25% off w/mbrs card, Poetry Film Workshop Bldg D 621-3073

Book Bay Bookstore see 3/1
Toltec In Decoland see 3/10
• **The Promise** see 3/22

Education

Introduction To The Ideas Of Gurdjieff A weekly meeting to discuss the practical application of Gurdjieff's ideas in daily life. 3/6-27 Mon 8-10pm FREE Gatehouse (707) 823-8616

Traffic School Traffic tickets dismissed upon completion of this class. Licensed by DMV & approved by the courts. 3/4,11,25 Sat 9am-5pm, 3/15&16 Wed&Thur 6:30-10pm $22 Bldg C 421-6552

Bicycle Repair & Maintenance Learn the fundamentals of bicycle repair & maintenance. Presented by the Learning Annex. 3/16-5/25 Thur 6:30-9pm $40 Gatehouse 922-9900

Ancient Philosophy & Psychology Informal weekly talks & discussions on the Cabala, Tarot, Buddhism, & Hinduism. 3/2-30 Thur 8-10pm FREE Bldg C 388-7529

Introduction to Jung For beginners as well as for those with some background in Jungian psychology. 1/31-4/4 Tue 7:30-9:30pm $250-$200/10wks Bldg E 931-0258

Self-Esteem For The Artist Explore your creative ability & validate the artist within through meditation, visualization & techniques designed especially for you, the artist. 3/4-18 Sat 10:30am-12:30pm $6.50/hr Bldg E 548-3306

Fund Raising School presents classes in fund-raising Bldg A 457-3520
Principles, Techniques Of Fund-Raising All the fundamentals covered in this 5-day basic intensive 3.1 CEU course. Orientation 3/12 Sun, classes Mon-Fri 3/13-17 $495/course
Fund-Raising For Maximum Results Advanced course concepts & practices for executives in a 3-day 2.1 CEU course. Orientation 3/19 Sun, classes Mon-Wed 3/20-22, $395/course

California Lawyers For The Arts Workshops led by CLA panel attorneys. Wed 7-8:30pm $15-$5 Bldg B 775-7200
Artist/Gallery Agreements 3/8
Small Claims Court & Alternatives 3/22

Classes and Workshops

Computer Alliance offers classes & workshops. Bldg E 771-7133
Basic Mac 3/2 Thur or 3/15 Wed 6-9pm, or 3/6 Mon or 3/30 Thur 9am-1pm $50
Desktop Publishing with PageMaker, Part I 3/6,7,13 or 14, Mon 6-10pm, Tue 9am-1pm $75
Desktop Publishing with PageMaker, Part II 3/20 Mon 6-10pm $75
Producing Your Newsletter On The Mac 3/17 Fri 9am-1pm $75
Introduction To Hypercard 3/14 Tue 6-9pm $56
Hypercard 2 3/21 Tue 6-9pm $56
Hypercard 3 3/1 Wed or 3/28 Tue 6-9pm $56
Intro To Graphics 3/7 Tue 6-10pm or 3/28 Tue 9am-1pm $75
Microsoft Word On The Mac 1 3/8,9 or 15, Wed 9am-1pm, Thur 6-10pm $75
Microsoft Word On The Mac 2 3/22 Wed 9am-1pm or 3/23 Thur 6-10pm $75
Introduction To Adobe Illustrator 88 3/8 Wed 6-10pm $75
Excel For The Mac 3/10 Fri 9am-1pm or 3/16 Thur 6-10pm $75
Computer Viruses 3/27 Mon 6-9pm $20

Galleries

SF Museum Of Modern Art Rental Gallery presents an exhibition of paintings by Young June Lew, Jerri MacDonald & Andrea Voinot, & prints by Gary Denmark. 3/7-31 Tue-Sat 11:30am-5:30pm (reception 3/7 Tue 5:30-7:30pm) FREE adm Bldg A 441-4777

Perception Gallery presents "Nela Wattley: Ink With Pen & Brush On Paper," natural landscapes created with a wash technique that separates black ink in water into its different colors. 3/3-3/31 Mon-Sat 9am-5pm (reception 3/7 Tue 5:30-7:30pm) FREE adm Fort Mason Office Lobby Bldg A 441-5706

SF African American Historical & Cultural Society presents "Black History Through Sculpture," featuring carvings by Rev. Daniel Buford depicting the Black experience through history. 1/17-4/30 Tue-Sat Noon-5pm FREE adm Bldg C 441-0640

Museo ItaloAmericano presents "Chi Erano/Who Were They?" - photographs by Gino Sbrana of farm workers, laborers, & community gatherings in the Bay Area of the early 20th century. 3/10-5/21 Wed-Sun Noon-5pm FREE adm Bldg C 673-2200

Coffee Gallery presents "Spring Show," featuring paintings & drawings with dolls & other 3-dimensional soft sculpture. 2/24-4/6 Mon, Fri & Sat 9am-3:30pm, Tue-Thur 9am-8:30pm FREE adm Bldg B 776-8247

SF Craft & Folk Art Museum Tue-Sun 11am-5pm, $1 adm (Sat 10am-Noon FREE adm) Bldg A 775-0990
Contemporary Sculptures & Drawings By Aminah Robinson A procession of lively figures depicts the common folk of Hog Hammock, Sapelo Island, Georgia, one of the last remaining slave colonies in the South. 3/4-4/30
Joanne Segal Brandford: Baskets & Nets Contemporary baskets & nets that are a cross between sculpture & textiles. 3/4-4/30

Mexican Museum Wed-Sun Noon-5pm, $3/$2 Srs (1st Wed of each month: Noon-8pm, FREE adm) Bldg D 441-0404
Mascaras: Reflections Of A Culture An exhibition of more than 150 painted wooden Mexican dance masks, part of the traditional costumes associated with the culture's regional dances. 3/15-8/20
Retablos, Ex-votos & Santos An array of colonial religious paintings on tin & canvas as well as carved wooden sculptures called santos or bultos. 3/15-8/20
Ritual Images in Contemporary Art An exhibition by contemporary Mexican & Mexican American artists inspired by ritual traditions both ancient & modern. 3/15-5/14

Health & Recreation

Awareness Through Movement/Feldenkrais Method Reduce tension & stiffness with gentle movement lessons designed to improve coordination, strength, flexibility, posture & breathing. 3/7-28 Tue Noon-1pm $6/class Bldg C 333-6644

Sensory Awareness Exploration of our relation to gravity & the earth, air & space, other people & our own organismic functioning. 2/15-5/17 Wed 10am-Noon or 6-8pm $150/9 sessions Bldg C 388-3219

Jazzercise Have fun with the #1 dance fitness program while you warm up, work aerobically, strengthen & tone muscles & cool back down. 3/1-22 Mon, Wed & Fri 9-10am $5-$2.80 (child care is available) Bldg C 681-1295

Stretch & Tone Gentle & challenging, a non-impact stretching & conditioning program for people over 40. Seniors especially welcome. 3/6-28 Mon,Tue&Thur 10-11am $4, $2.50 Srs Bldg C 456-7525

Greek Dance Enjoy Bay Area Greek festivals, learn the fundamentals of popular Greek folk dances w/Anna Efstathiou. 3/6-27 Mon 7-10pm $5/class Bldg C 339-8357

Irish Country Dance Lessons For Adults Larry Lynch teaches sets (square dances) & folk dances. No partners necessary. 3/1-29 Wed 7:30-9:30pm $35/8wks Bldg C 863-6424

Beyond Dance A spiritual approach to dance that transcends style & technique. Your movement is your dance. 3/3-31 Fri 6:30-7:30pm Bldg C 995-4600

Dance Club No partner necessary $8/class Bldgs C/E 567-3517
Waltz, Swing, & Charleston Have fun & gain expertise on the dance floor. 3/6-27 Mon 7:30-9pm
Foxtrot, Salsa, & Dirty Dancing Learn the dances you see in the movies & on TV. 3/4-25 Sat 12:30-2pm
Yoga Dance New & exciting dances. 3/4-25 Sat 2-3:30pm

Hatha Yoga $8/class Bldgs C/E 567-3517
Beginning Helps you reduce stress & increase your level of fitness. Learn postures that are appropriate for you. 3/2-28 Tue & Thur 6-7:30pm, Sat 11am-12:30pm
Advanced A challenging class teaching the finer points of hatha yoga & more advanced postures. 3/6-27 Mon 6-7:30pm

Performing Arts

Sue Walden Presents Workshops in Spontaneity & Improvisation. Bldgs C,E & Gatehouse 885-5678
Spontaneity Techniques I 1/26-3/2 Thur 7-10pm $110/6wks
Improvising Scenes I 1/17-3/7 Tue, or 3/27-5/17 Wed, 7-10pm $125/8wks
Improvising Characters I 1/17-3/7 Tue, or 3/29-5/15 Mon, 7-10pm $125/8wks
Spontaneity Techniques II 1/16-3/13 Mon, or 3/30-5/18 Thur, 7-10pm $125/8wks
Improvising Scenes II 1/18-3/8 Wed, or 3/28-5/16 Tue, 7-10pm $125/8wks
Letting Go 1/26-3/16 Thur 7-10pm $125/8wks
Sample Workshop In Improvising Scenes 3/20 Mon 7-10pm $10
Sample Workshop In Spontaneity & Improvisation 3/29 Wed 7-10pm $10

Children's Classes

Primo Programma Italian language instruction for children ages 6-16. Presented by the Italian Federation of California. 3/4-18 Sat 10am-Noon $3/hr Bldg C 346-3220

• **Children's Animation Workshop** All phases of animation: cut-outs, clay models, collage & film strips. Presented by Poetry Film Workshop. Sun Noon-3pm $10/class or $50/6wks FMC "Friends" 25% off w/mbrs card, pre-reg. req Bldg D 621-3073

SF Children's Art Center offers instruction in painting, drawing, printmaking & sculpture. Individual attention to each child's development, ages 2-12. Bldg C 771-292

Martial Arts

Chen's Tai Chi Assoc. Of The USA Sifu Gene Chen teaches the original Tai Chi Chuan complete system. 3/2-30 Tue&Thur 7:30-9:30pm $45/mo Bldg C 661-3786

ICI Tai Chi Chuan w/Sifu Fong Ha. Complete classical forms w/emphasis on meditative aspects. 3/2-30 Tue&Thur 7:30-9:30pm $50-$35/mo Bldg C 524-4718

Master Cheuk Fung The focus of this class is to teach the true spirit of Chinese martial arts w/Buddhist Chi Gung for health, understanding & personal growth. 3/2-30 Tue&Thur 7:30-9:30pm $55/mo Bldg C 658-4621

HANDICAPPED. Fort Mason can make arrangements for the handicapped if notified in advance. Ramps & elevators are available. Call 441-5706

Fort Mason offices are open Monday through Saturday, 9am-5pm

White Crane Silat Traditional Indonesian system of fitness, dance & self-defense. Training focuses on balance, grace & relaxed power. All levels/ages welcome. 3/1-29 Mon&Wed 6-8pm, Sat 10am-Noon $40/mo Bldg C 641-7759

Chinese Martial Arts w/Jack Man Wong. Tai Chi Chuan & Northern Shaolin for robust health, high spirits, rational thinking & self-defense. 3/1-29 Sun 10am-Noon, Wed 5:30-7:30pm $40/mo Bldg C 261-7105

Kung Fu, Tai Chi, Meditation No. Shaolin, Wing Chun, Tai Chi, Chinese Weapons & Hung Ga w/Master Schauer for health, self-defense & meditation. 3/2-30 Mon 10-11:30am, Tue&Thur 5:30-7:30pm $40-$35/mo Bldg C 589-6621

Shi Hau White Crane Kung Fu Instruction in the White Crane style of external & internal, hand & weapon forms of self-defense. Diplomas granted. 3/5-26 Sun 1-3pm $50/mo Bldg C 647-5365

The Art Of Tai Chi - Praying Mantis Rational training in weapons, internal exercises, hand forms, capturing techniques & open discussion on martial arts principles. 3/6-27 Mon 7:30-9:30pm $40/mo Bldg C 797-2203

Shing Yi Learn to master your mind & body as you develop strength, flexibility & control. 3/11 &12 Sat&Sun 10am-12:30pm, 3/4&25 Sat 10-11am, $40/mo Bldg C 921-4808

Tai Chi Practice Cloud Hands West fellowship practice session for health & harmony. 3/4-25 Sat 8:30-10am $2/session Bldg C 386-3313

Visual Arts & Media

Fort Mason Art Center, a division of the SF Community College District, offers ongoing classes in painting, drawing, sculpture, textiles, printmaking, photography, basketry, jewelry, stained glass & ceramics. Also offered are workshops in handmade paper, Chinese brush painting, pastels, children's art classes & "Business For The Visual Artist." Classes in Bldg B. For information on these classes & "Mini Classes" listed below, call 775-5579
Beginning Handmade Paper 3/9-4/13 Thur 6-9:30pm $90
Illustration 3/29-5/3 Wed 7-10pm $75

The Art Planet Classes
Painting Learn all the fundamentals of painting including color theory, light, space, texture, & content. 2/25-4/22 Sat 1:30-4:30pm $95/8 wks Gatehouse 552-9812
Drawing Students of all levels will improve their drawing techniques & gain confidence in finding & communicating their ideas. 2/25-4/22 Sat 1:30-4:30pm $95/8 wks Bldg C 621-1695
Multimedia Art Class Explore a variety of two & three-dimensional art mediums, focusing on unleashing the creative potential in each student. 2/25-4/22 Sat 1:30-4:30pm $95/8 wks Bldg C 928-8652

Artists In Print Classes Bldgs C/E 243-8244
Basic Graphic Design A class on how to recognize good ideas & make them applicable for advertising. 3/1-5/10 Mon&Wed 6:30-9pm $570/course
The Advertising Portfolio For those needing to develop a portfolio for a job in the creative department of an advertising agency. 3/15-6/21 Wed 6:30-9:30pm $315/course

Media Alliance offers classes, workshops & panels. Bldg D 441-2557
Feature Writing Clinic 8 wks, 3/16-4/6 & 4/27-5/18 Thur 6:30-8:30pm $160
Advertising Copywriting & The Creative Process 3/9-4/13 Thur 7-9:30pm $95
Social Documentary Photography 3/9-4/9, 3/9 Thur 7-10pm 3/11,12&4/9 Sat/Sun 9:30am-4:30pm $120
Video Production Workshop 3/3-5, 3/3 Fri 6-9:30pm, 3/4 Sat 10am-5pm, 3/5 Sun 1-6pm $150
Public Relations Strategies 3/18 Sat 9:45am-4pm $60
Maximizing Tax Savings For The Freelancer 3/27 Mon 6:30-9:30pm $35

• **Poetry Film Workshops** FMC "Friends" 25% off w/mbrs card. Pre-reg. req. Bldg D 621-3073
Word Magic & The Power Of Language Wed 7pm $25/6wks
Video Production Workshop Sat 10am-6pm $100/3wks
Basic Film Sun 3-6pm $100/8wks

Environment

Man & The Sea Open House Monthly lecture for Oceanic Society members, guests & interested public, featuring varied presentations on ocean-related topics. 3/6 Mon 7-9pm $2 Firehouse 441-5970